

Positive Feelings Skee Ball

Ages: 5 and up

Number of Players: 1 to 4

Purpose: This simple and fun game will help kids learn to think about and express their positive feelings.

You Will Need: 1 penny for each player

Before You Play:

Fold the paper along the lines as indicated. This will create three “walls” so that the pennies will stay on the game board.

Introduce the Game by Saying:

When you pay attention to your positive feelings, it is easier to cope with your problems. When you are feeling sad or lonely, or when you just have the “blahs,” a game of Positive Feelings Skee Ball will remind you of the things you can do to help yourself feel better.

How to Play:

- 1) The youngest player goes first.
- 2) He places a penny behind the line and flicks it onto the target.
- 3) If his penny lands in either a large or small circle, he must describe a time when he had that feeling. He gets the number of points indicated and writes them down in the grid.* For more than two players, use additional paper for score sheets.
- 4) If his penny lands in a circle with a question mark, the player gets 10 points, and he can describe any positive feeling he likes.
- 5) Then the next player takes a turn.
- 6) If a player lands on the same feeling twice, he can either describe another time he had the feeling, or he can talk about a positive feeling not listed on the board.
- 7) Either the first person to get 21 points or the person with the highest score after 10 minutes of play is declared the winner.

At the end of the game, players should talk about what they can do to have specific positive feelings right now.

*Note: Greater accuracy can be obtained by banking shots off the walls.

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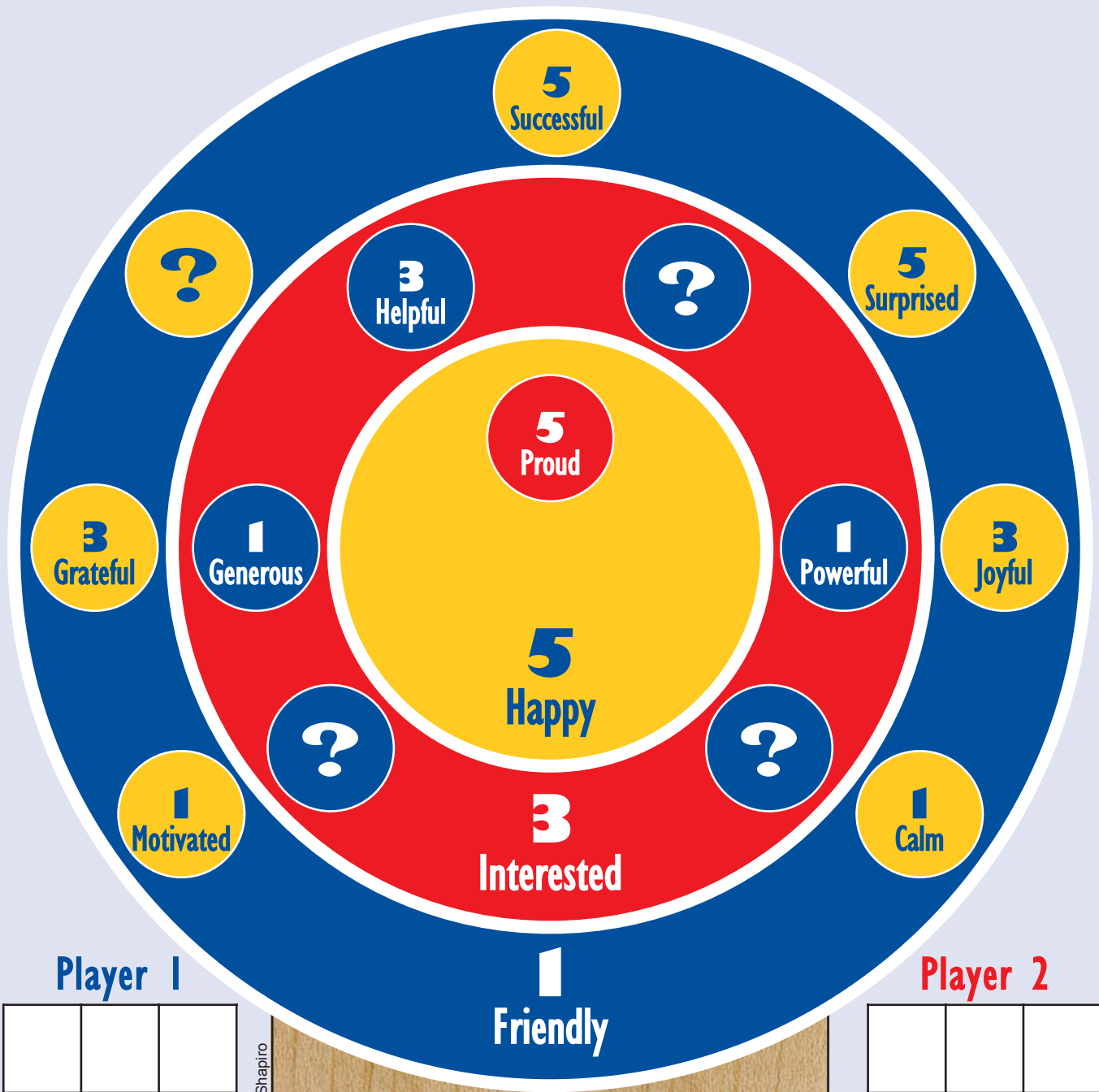
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Fold along dotted lines to create backstop

Fold along dotted lines to create backstop



Player 1

Total: _____

Player 2

Total: _____

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